

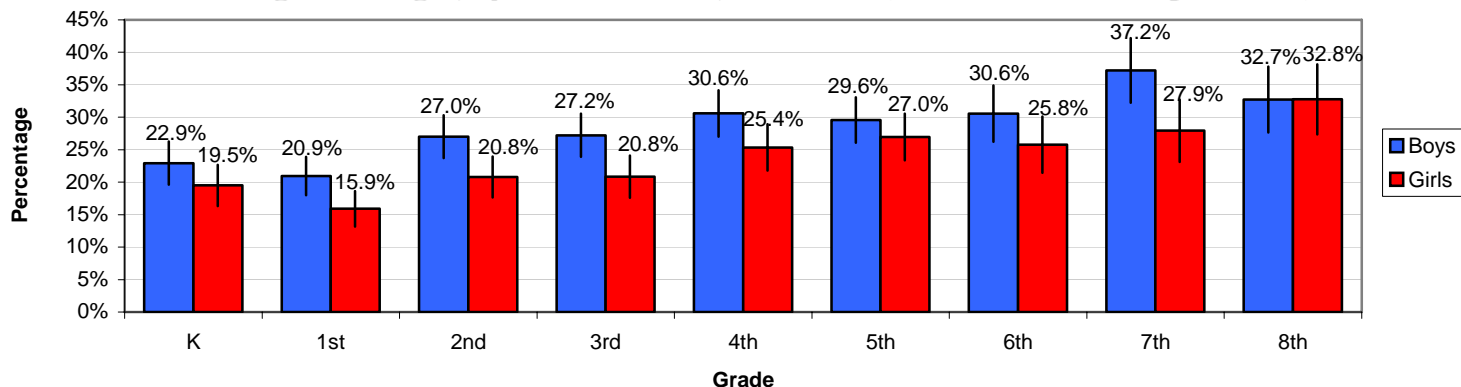
Utah 2002 Height and Weight Study

K – 8th Grade

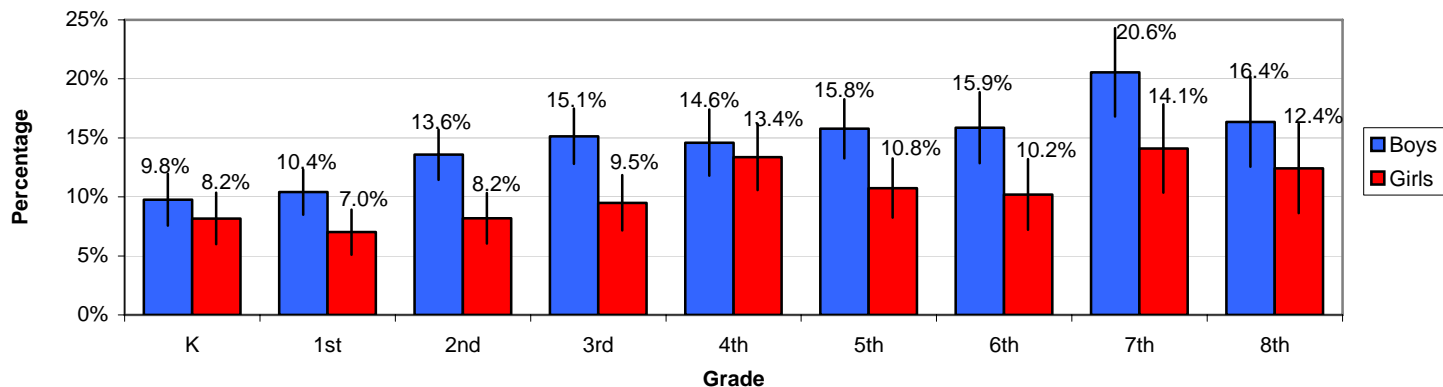
N = 9,903 Students (23 Elementary Schools, 4 Middle Schools)

- In 2002, 25.5% of Utah K-8th Grade students were overweight* or at risk of becoming overweight** (compared to the 15% expected over the 85th percentile).
- More boys were overweight or at risk of being overweight than girls, 27.9% compared to 22.9%.
- The percentage of students considered overweight was 12.2% (compared to the 5% expected over the 95th percentile).
- Again, more boys were overweight than girls, 14.1% compared to 10.0%.
- There was no significant difference between urban and rural schools.
- Since 1993, the percentage of overweight 3rd grade boys has increased by 119%, from 6.9% to 15.1% in 2002.
- Since 1993, the percentage of overweight 3rd grade girls has increased by 40%, from 6.8% to 9.5% in 2002.

Percentage of Student Sample, K – 8th Grade, Who Were Overweight or at Risk of Becoming Overweight, by Grade and Sex, Utah 2002 (At or above the 85th percentile)



Percentage of Student Sample, K – 8th Grade, Who Were Overweight; by Grade and Sex, Utah 2002 (At or above the 95th percentile)



*Overweight is defined as greater than or equal to the 95th percentile for body mass index by age and sex based on CDC Growth Charts

**At risk of becoming overweight is defined as greater than or equal to the 85th percentile but less than the 95th percentile for body mass index by age and sex based on CDC Growth Charts

Utah Department of Health, Bureau of Health Promotion, Heart Disease and Stroke Prevention Program. (2002). Height/Weight Measurement Project.